

JANUARY-MARCH 2017 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity 50+



fun
MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Thu 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED

RUMMAGE SALE



FRIDAY
MARCH 24
9 a.m. - 5 p.m.

SATURDAY
MARCH 25
9 a.m. - 2 p.m.

SHOP

ALL SHOPPERS WELCOME

DONATE

CLEANING HOUSE? DONATE YOUR ITEMS!

VOLUNTEER

AND YOU GET TO SHOP EARLY

DROP OFF DONATIONS BEGINNING MARCH 21 OR CALL 253-931-3016 FOR ITEM PICKUP

Auburn Parks, Arts & Recreation
Senior Activity Center
808 Ninth Street SE
253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

Happy New Year!

MORE^{fun} THAN YOU IMAGINED

Senior Center Brochure Changes

We are trying something new. You will notice that our brochure now covers 3 months, January – March. Think of it as, 3 times the fun. As we get used to the new format, please remember the following:

- Registration will begin the first working day of the month the brochure starts with.
- If the activity you want is full, always have your name put on the waiting list. Numbers on the waiting lists are used to determine if we add another van and/or a 2nd date. Our goal is to accommodate as many people as possible.
- If your plans change, remember to cancel as soon as you can to make room for others.
- Monthly calendars and menus will be printed on the same piece of paper; blue for January, pink for February and green for March.

Let us know what you think.

Fill out a 2017 Registration Card

Completed cards on file are for your well being. The

information is used in case of an emergency while you are at the center or on a center sponsored outing.

Try something new

We have lots of programs for you to try. Pick one and you will be on your way to a fun new year.

- Snow shoeing (page 6)
- See a live theater production (page 6)
- Visit a place you have never been before (page 4-5)
- Invite a friend to the Valentine's Day lunch and dance (page 10)
- Save money by shopping at the Senior Savers Pantry (page 23)
- Get a massage – you deserve it! (page 20) learn to paint (page 25)
- Learn how to use a new technical device. Tutors are willing and waiting to help you. (page 14)
- Take a class in the Makers Space. (page 14)

Insurance sponsored Fitness Programs

You have decided to get fit in the New Year. Silver Sneakers? Optimum? Silver and Fit?

What do they all mean? Several Medicare supplemental insurance plans offer a fitness option to their benefits. We are happy to announce that all three programs will be accepted at the Senior Center/Community Center beginning January 1. Qualifying members will receive a free monthly Fitness Membership which includes: fitness room, several daily fitness classes and drop in sports activities.

Don't know if your plan offers fitness options? Call them and ask. Even if you don't currently qualify, they may offer the additional coverage at a reduced cost.

TEAMS

Together, Eating better, Actively living, Monitoring health, Self-managing risk

We are excited to partner with multiple organizations to offer TEAMS. The program is aimed at engaging and motivating seniors to make small, manageable steps toward healthier living. See page 31 for more information.

Cover photo: Gary and Millie

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Online You're First in Line

www.auburnwa.gov/play

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

Explore your options today at
www.auburnwa.gov/play

Auburn Senior Activity Center

808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm |
Evening Hours: Mon-Thu, 5-9pm

Trips and tours

Dine Outs: Lunch & Dinner

Wild Wheat Bakery- Kent

Wild Wheat is an Artisan Restaurant. They make everything here fresh daily, from scratch in a Renaissance way. They roast their own coffee and make their own Cold Smoked Locks. We make every baked product at Wild Wheat Bakery! Price range is: \$10-15.

Jan 11 **W** **11:30a-2p** **\$7/\$9** **51452**

Al Lago- Bonney Lake

Al Lago is a family owned and run business. Offering delicious meals with beautiful views of Lake Tapps and Mt. Rainer. Price range is: \$15-30.

Jan 18 **W** **4:30-7:30p** **\$7/\$9** **51456**

Stack 571 Burger & Whiskey Bar- Tacoma

A menu featuring a plethora of gourmet burgers. Focused on local, Northwest-sourced ingredients, including beef from Washington's very own Double R Ranch, Stack 571 offers options far beyond beef, including great sides. Price range is: \$10-15.

Feb 8 **W** **10:45a-1:15p** **\$7/\$9** **51454**

Moctezuma's -Tukwila

Moctezuma's Mexican Restaurant & Tequila Bar is Puget Sound's premiere dining destination for quality Mexican cuisine. The flavors and aromas truly come alive at our restaurants, with only the freshest ingredients. Price range is: \$11-24.

Feb 22 **W** **4:30-7:30p** **\$7/\$9** **51457**

Black Diamond Bakery

Est. 1902: People come from miles around to enjoy great tradition of Black Diamond Bakery. Price range is: \$8-15.

Mar 8 **W** **11:30a-2p** **\$7/\$9** **51455**

McGraths- Federal Way

For more than 36 years, McGrath's has worked hard to purchase high quality seafood, while keeping prices affordable! Our fish and seafood is delivered daily to their restaurants from local waters, and waters around the globe. Price range is: \$12-27.

Mar 22 **W** **4:30-7:30p** **\$7/\$9** **51458**

Senior Van Trips

Museum of History and Industry

MOHAI is the place to discover Seattle, to connect with our region and its rich history, and to explore your role in creating our future. The Seattle story is told through thousands of rare objects and historic images, and cutting edge hands-on interactive experiences for all ages that make history come alive with the unforgettable stories of the men and women who built Seattle from wilderness to world city. We still start our visit to MOHAI with a tour of the iconic artifacts and stories on display in MOHAI's Grand Atrium. Next, you will have time to explore the rest of the museum on your own. Prior to our visit we will have an independent lunch on South Lake Union. Fee includes tour and transportation.

Jan 19 **Th** **10a-4:30p** **\$31/\$35** **51459**

Items to Note:

- Please arrive 15 minutes prior to the trip departure time. All trips depart on time, drivers will not wait for latecomers.
- All efforts will be made to accommodate everyone desiring to participate in a trip. If a trip is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional van or trip.
- Individuals taking trips or tours with the Senior Center need to complete a

confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.

- Those needing special assistance on any trip need to see staff regarding handicapped accessibility.
- Parking, if you are willing and able to, we encourage all trip and hike participants to park in the Community Center parking lot.

Queen Anne True Crime Tour

Explore the Darker Side of Seattle's Past on Seattle's Original True Crime Tour-- A touch of Seattle Noir. This tour visits the scenes of some of Seattle's most infamous crimes. The Queen Anne True Crime Tour visits the scenic & charming Queen Anne Hill, Pioneer Square (the oldest section of the city), the colorful Chinatown International District & Downtown Seattle, with stops to get out and explore. We will start the day with lunch at the Eastlake Bar and Grill and then join our Private Eye Tour. Fee includes tour and transportation. Lunch is on your own.

Jan 31 T 10a-4:30p \$25/\$29 51460

MoPOP- Museum of Pop Culture

MoPOP Museum is a leading-edge nonprofit museum, dedicated to the ideas and risk-taking that fuel contemporary popular culture. With its roots in rock 'n' roll, MoPOP serves as a gateway museum, reaching multigenerational audiences through our collections, exhibitions, and educational programs, using interactive technologies to engage and empower our visitors. At MoPOP, artists, audiences and ideas converge, bringing understanding, interpretation, and scholarship to the popular culture of our time. Fee includes tour and transportation. Lunch is on your own at the Seattle Center.

Feb 6 M 9:30a-2:30p \$38/\$42 51461

Elk & Bighorn Sheep Feeding - Oak Creek Wildlife Area

The Oak Creek Wildlife Area is managed by the State of Washington Department of Fish and Wildlife. In the mid- 1940s, the Department of Fish and Wildlife (then the Department of Game) began building almost 100 miles of 8-foot-high fences to keep the elk from damaging private property in the Tieton, Naches, and Wenas Creek valleys, as well as on the south side of the Kittitas Valley. In 1939, the department established the 94,718 acre Oak Creek Wildlife Area to preserve winter homes for the Yakima elk herd of 3,000. Primarily recognized as elk herd winter range, Oak Creek is a sparsely timbered area in the grassy foothills with diversified habitat that benefits other wildlife as well. A supplemental winter feeding program maintains the Yakima elk herd on department lands during the winter; up to 1,200 elk, including about 90 branched-antlered bulls, can be seen at feeding times. Fee includes transportation and tour. We will have an independent lunch in Naches.

Feb 17 F 7:30a-5:30p \$20/\$24 51463

Living Computer Museum

Living Computers: Museum + Labs provides a one-of-a-kind, hands-on experience with computer technology from the 1960s to the present. It honors the history of computing with the world's largest collection of fully restored—and usable—supercomputers, mainframes, minicomputers and microcomputers. A new main gallery offers direct experiences with robotics, virtual reality, artificial intelligence, self-driving cars, big data, the Internet of Things, video-game making, and digital art. Fee includes docent led tour and transportation. We will have an independent lunch at Paseo, considered to be one of the best sandwich shops in Seattle.

Mar 2 Th 9:15a-1:45p \$22/\$26 51464

Wings over Washington- An Aerial Adventure and Seattle Great Wheel.

Take a ride in the state-of-the-art "flying theater" that will transport you on an aerial adventure above one of America's most scenic and beautiful states, Washington. Wings over Washington is currently the most state-of-the-art theater in the world using 5K cameras; innovative art laser projection; drones for image capture; MUSHROOM VR™, and a ground-breaking surround sound system. Once you are strapped into your theater seat, you will experience an amazing journey as a "spirit eagle" sweeps you upward into flight across the state of Washington. You will see amazing sights as you dive down the seaside cliffs through the morning mists of the Olympic National Forest and Mt. Rainier to the San Juan Islands and on to the spectacular beauty of the Cascades and the awe-inspiring Snoqualmie Falls to the wild whitewater of the Tieton River and the kaleidoscopic wonder of the Walla Walla Valley Balloon Stampede then back to Elliot Bay to bank around the Seattle Great Wheel as a sensational fireworks display begins and then slowly landing back to where the journey all began. Fee includes your Wings over Washington ticket, a ride on the Seattle Great Wheel and transportation. There will also be time for shopping and an independent lunch on the waterfront.

Mar 20 M 10a-3p \$39/\$43 51465

Crab Cruise

We'll travel north to La Conner and board the Viking Star for a 2.5 hour cruise along the Swinomish Channel out to Deception Pass. The highlight of the day will be the cracked crab feast onboard as we ply the waters out to Deception Pass Bridge. Upon returning from the cruise, we'll have some time to explore the waterfront town of La Conner. Please keep in mind that the boat is not handicapped accessible. Fee includes transportation, cruise, and lunch.

Apr 19 W 8:30a-5:30p \$86/\$91 51467

Cultural Corner



The Pajama Game- 5th Avenue Theatre

Things are getting steamy at the Sleep-Tite Pajama factory where handsome new superintendent Sid Sorokin is falling hard for Babe Williams, the feisty firebrand heading the union grievance committee. But sparks really fly when the workers go on strike for a 7½-cent pay raise, setting off not only a conflict between management and labor, but a battle of the sexes as well. The show that defined Fosse style with seductive dance numbers such as "Steam Heat" and "Hernando's Hideaway," this critically acclaimed musical won three Tony Awards® including Best Choreography and Best Musical. The swinging score includes the timeless hits "Hey There" and "There Once Was a Man" performed by a sensational Seattle cast. Fee includes ticket and transportation. We will have an independent dinner at Rock Bottom before the show.

Feb 15 W 3:45-10:45p \$59/\$64 51444

The Secret Garden - 5th Avenue Theatre

Welcome to the hauntingly beautiful world of The Secret Garden, where hope is found blooming in the discovery of a magical garden long locked-away. Based on the beloved novel, The Secret Garden follows recently orphaned ten-year-old Mary Lennox, who is sent to live with her reclusive uncle in a crumbling mansion on the Yorkshire moors. When she discovers the key to a neglected garden, Mary unearths renewed spirit for herself and her sickly cousin, bringing the weary estate and its occupants back to exuberant life with the full force of spring. With book and lyrics by Pulitzer Prize-winner Marsha Norman and music by Lucy Simon, this captivating show will mesmerize audiences of all ages and transport you to a world where beauty and love blossom, and a forgotten seed of life can still flourish. Fee includes ticket and transportation. We will have an independent dinner at Rock Bottom before the show.

Apr 18 Tu 3:45-10:45p \$59/\$64 51468

Outdoor Adventures

***Outdoor Adventures
are not handicap accessible***

Snowshoeing Snoqualmie Pass

Outdoor enthusiasts will enjoy this Forest Service guided snowshoeing tour through the snow covered Cascade Mountains. We will snowshoe 3-5 miles, w/ 800 to 1000 feet of elevation gain. If this were a hike it would be rated a 3+. You will need to wear layered and insulated clothing, hats, gloves and sturdy waterproof boots for the snowshoes. No jeans or cotton. Please bring a sack lunch and water. The Forest Service provides snowshoes. Fee includes snowshoes, tour and transportation.

Feb 3 F 8:30a - 4:30p \$38/\$42 51466



Snowshoeing

Red Hat Society: Auburn Mad Hatters

In order to arrange for transportation and lunch reservations, **ALL outings require RSVP.** Please call Jerry Merriman or email her and advise if you are attending or not. (253) 752-6700 phone, email jmerriman5@q.com.

BUNCO at the Senior Center

Monday, January 9th, 12:45 pm (optional lunch begins at 11:30 am)\$6.00 for Bunco, lunch on your own. Join us for this fun and easy dice game. No prior experience is needed. Please RSVP to Jerry Merriman and indicate if you will be eating lunch. We need to reserve a table and let the kitchen know in advance.

Lunch and Movie

Tuesday, February 21st Depart Senior Center: 11 AM. Lunch and movie costs on your own Enjoy lunch at Red Robin and then a movie at Auburn Stadium 17. If you do not want to go to the movies just come for lunch. Please let Jerry Merriman know if you are coming so transportation can be arranged.

St Patrick's Day Lunch

Thursday, March 16th | Depart Senior Center: 11 AM
Transportation Fee: \$6 | Lunch costs on your own
We will celebrate St Patrick's Day in style with lunch out at a Tacoma Irish Pub. Please let Jerry Merriman know if you are coming so transportation can be arranged.

IN CASE OF SNOW

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but don't encourage folks to come down when roads and sidewalks are dangerous. Even if the doors are open, classes or activities might be cancelled.

A good rule of thumb: If Auburn Schools are cancelled; Senior Center classes, activities and the Catholic Community Services lunch program will be cancelled.

Note: Threat of snow or icy roads may also result in cancellation of "Extended Hours" on Monday through Thursday evenings. Please call before you make a trip down.



Canyon Country

Presented by Collette Tours



Highlights:

Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas, Roundtrip Airfare

October 12-20, 2017



Rates:

Double Occupancy: \$2999
Single Occupancy: \$3749

*Travel presentation:
February 6, 1:30pm*

Deposit of \$250 due upon registration
Final Payment due August 13, 2017

Travel Insurance \$240

Shades of Ireland

Presented by Collette Tours



Highlights:

Dublin, Irish Evening, Kilkenny, Waterford Crystal, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, Castle Stay, Roundtrip Airfare



Rates:

Double Occupancy \$3,449
Single \$3,849

Deposit of \$250 due upon registration
Final Payment due February 9, 2017

Travel Insurance \$280

April 10-19, 2017

Hikes and walks



Hikes

PUGET PARK TO RUSTON WAY

MILES: 7.5 RATING: 2+

Hikers will begin their trip at Puget Park on Proctor Street. A trail through Puget Ravine ends on Ruston Way. Hikers will be able to visit the Pagoda then follow the waterside trail to Point Ruston. Lunch will be available from one of several recently opened restaurants. Hikers will then return through the ravine to the starting point. Most of the trail is paved and level. There is one hill including some stairs from Proctor to Ruston Way and there may be muddy spots in the ravine.

Jan 13 F 9a-3:30p \$10/\$13 51395

DELEO WALL

MILES: 5 RATING: 3

Cougar Mountain offers a variety of well-maintained and well-marked trails. The De Leo Wall hike proceeds through a mixed forest, along wetlands, and across a creek. From the lunch spot at the wall, hikers get views of Maple Valley. There are roots and rocks in places and some muddy stretches. The elevation change is 1100 feet.

Jan 27 F 9a-3:30p \$10/\$13 51396

TWIN FALLS

MILES: 5 RATING: 3

Hikers will start this in-and-out hike at the lower end of the falls. The trail follows the South Fork of the Snoqualmie River with a series of ups and downs. A bridge across the river offers spectacular views of the falls. The hike proceeds to the junction with the John Wayne trail then back tracks to the lunch spot above the falls. Hikers will then return to the trail head with an optional side trip to a viewing platform below the falls. Expect exposed roots, muddy and slippery spots, and stairs.

Feb 10 F 9a-3:30p \$10/\$13 51397



GRAND RIDGE TRAIL

MILES: 6 RATING: 2+

This in-and-out hike begins at the retention pond for a large residential development on the Issaquah Highlands. Within a few hundred feet hikers are in the woods and unaware of the nearby houses. The trail has some ups and downs as it proceeds through mixed forest and wetlands. At one spot we will be able to enjoy the multimillion dollar views from the summit of the highlands. Expect roots, rocks and some muddy patches.

Feb 24 F 9a-3:30p \$10/\$13 51398

PACK FOREST/HUGO PEAK

MILES: 6 RATING: 2+-3

Hikers will proceed up the 1000 Loop to the intersection with the 2000 Loop. The road surface offers fairly even footing. Following a brief loop through the old growth Trail of the Giants, hikers will continue uphill to the Hugo Peak overlook for lunch. The group will choose between two return options: retracing their steps along the 1000 Loop or following the Hugo Peak Trail, a shorter route with beautiful vistas of the Nisqually Valley but more precarious footing. The elevation change is 950 feet.

Mar 10 F 9a-3:30p \$10/\$13 51437

TOLMIE STATE PARK /NISQUALLY

MILES: 7 RATING: 2+

Hikers will start with a 2 mile hilly forested loop trail at Tolmie State Park located off the western mouth of the Nisqually Delta. The wooded trails climb up hill through mixed forest. There is a chance to see colonies of trillium and emerging skunk cabbage. Boardwalks span wetlands although there may be plenty of mud. Weather permitting hikers will eat on logs at Sandy Point. Then a short van trip will take them to walk the Nisqually Delta boardwalk. The delta restoration project offers hikers an opportunity to see Mother Nature at work. This part of the hike starts on the ground then shifts to an excellent boardwalk. Looking down hikers will view mud flats and tidal areas opened to the sound by the removal of century-old dikes. Looking up and around hikers will see grand vistas of the South Sound and Mount Rainier as well as a variety of bird life.

Mar 17 F 9a-3:30p \$10/\$13 51438

RATTLESNAKE LEDGE

MILES: 4 RATING: 3+

The rebuilt well maintained trail climbs steeply gaining 1,000 feet in 1.5 miles via a series of switchbacks. The view from the ledge makes the effort worthwhile. Hikers will be able to see Mt. Si, the Cascades, and Chester Morse Lake. Total elevation gain is 1160 feet. The trail has exposed roots and rocks with the possibility of mud.

Mar 31 F 9a-3:30p \$10/\$13 51439



Walks

RUSTON WAY

MILES: 3

Walkers will walk along Ruston Way and along the outer edges of Point Ruston, a mixed use development on the site of the old Asarco Smelter. Lunch options will be the several recently opened restaurants in the retail section of the facility.

Jan 24 T 9:30a-2p \$8/\$10 51399

FOOTHILLS TRAIL

MILES: 3

The Foothills Trail is a paved pedestrian and bike path stretching from north of Orting to South Prairie. Walkers will enjoy the section from the city of Orting as it follows the Carbon River. After the walk, plan to lunch out at one of several down town Orting restaurants.

Feb 28 T 9:30a-2p \$8/\$10 51400

SAMMAMISH RIVER TRAIL

MILES: 3

This paved trail follows the Sammamish Slough for miles connecting with the Burke Gillman Trail. The walk will begin at Marymoor Park and sample just one section of the trail. Bring a sack lunch.

Mar 14 T 9:30a-2p \$8/\$10 51440

ALKI BEACH

MILES: 3

The walk along Alki Beach offers spectacular views of Puget Sound, Olympic Mountains, and the Seattle skyline. Walkers can brown bag along the waterfront or enjoy one of several restaurants in the neighborhood.

Mar 28 T 9:30a-2p \$8/\$10 51441



Hikes and walks

First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch (unless otherwise noted) and be prepared to stop for a snack on our return trip home.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events



Rummage Sale

Friday March 24 9a-5p

Saturday March 25 9a- 2p

Home pick up and donation drop off begins Tuesday March 21.

Volunteers needed. Please sign up at front desk.

Coming Soon!

Easter Lunch
April 13

Mothers Day Lunch
May 12

Over 80's
May 19

Fathers Day
June 16

Special Luncheons

Birthday & Anniversary Celebrations


Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 50 or over birthday celebrants and we will have roses for senior couples celebrating their anniversary, so be sure to tell us if you qualify.

Sponsored By:

Thursday, January 19 at 11:30 a.m.

Thursday, February 16 at 11:30 a.m.

Thursday, March 16 at 11:30 a.m.

\$3 suggested contribution; \$6 for those under 60.  **Canterbury House**

Valentines Day Lunch & Dancing

Spend this day of love with a special person in your life. All are encouraged to invite a special guest to lunch. This is the perfect opportunity to let him/her know how much he/ she means to you. Entertainment by Country Fever. Pre- purchase tickets at the front desk. Cost: \$3 suggested contribution. Under 60 years of age \$6.

Feb 14 Tu 11:30a- 1p 51402

St. Patricks Day Lunch

Enjoy a traditional Irish feast featuring corned beef and cabbage while enjoying entertainment. Pre-purchase ticket at the front desk. Cost: \$3 suggested contribution. Under 60: \$6

Mar 17 F 11:30a-1pm 51451

Note: Diabetic dessert option is available at special luncheons. Please ask your server.



Welcome Newcomers!

If you are new to Auburn Senior Activity Center, come in and ask the front desk for a tour. We have lovely volunteers who would like to show you our beautiful facilities, introduce you to others, suggest fun activities you might like to try, and provide you with a free cup of coffee and welcome mug. Come meet our Senior Center family!

Game Show

Spectators are always welcome!

Wheel of Fortune Game Show

Join us for our version of Wheel of Fortune. Contestants solve hidden phrases by guessing letters one at a time. Contestants spin the wheel and win money or prizes for each correct letter guessed. We can play as singles or in teams. Whether you watch this show every night or if it's your first time playing, you are sure to have a great time.

Jan 4 W 10:15a Free

Jeopardy Game Show

This famous game show features general knowledge clues in the form of answers, and must phrase their responses in the form of questions. Join us of two rounds of competition. We can play as singles or in teams. You never know what "useless" knowledge might come in handy when playing this game.

Feb 1 W 10:15a Free

Family Feud Game Show

Join others to get divided in to two teams or "families" to play one of America's favorite game shows. Teams compete to name the most popular responses to survey questions in order to win cash and prizes

Mar 1 W 10:15-11a Free

Health & Wellness

Grief Support Group

This 7 Week curriculum based Grief Group is intended to be a place of education, processing, and support for those in the community adjusting to the death of a loved one. Examples of topics discussed include: what the grief journey might look like, Rituals and Memorials, how to process your grief, self care during this tender time, and many other topics. If you are interested please call MultiCare Bereavement. Support at 253-301-6400 to register (required), there is limited space in each group.

Apr 10 - May 22 M 2-4p Free

Coffee Hour with the Mayor and Councilmembers

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.



January 12 10-11 am
Yolanda Trout-Manuel & Bob Baggett

February 9 10-11 am
Bill Peloza & Claude DaCorsi

March 9 10-11 am
John Holman & Largo Wales



Rebecca Adams
January 9 -February 28

Mike Eggers
February 28 -April 26



Sports

Pool Tables

Open Pool Room: Monday-Friday

Except for Wednesday afternoons and Monday and Tuesday evenings during tournaments. There is always hot competition in the pool room. Come and join the fun – all players are welcome.

All Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

Men's 8 Ball, 9 Ball and Scotch Doubles are run Wednesday's. Please check the pool room for the schedule. \$2 donation suggested for refreshments, Winner receives a \$5 coffee card.
(sign up in Pool Room by 12:45 p.m.)

Evening Pool Tournaments

Mondays: Straight Pool 6-9 pm
(sign up in the Pool Room by 5 p.m.)

Tuesdays: Ladies Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)

Senior vs Staff Pool Tournament

Feb 28 Tu 1p

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free

Gymnasium at Les Gove Park

Open Gym Schedule

The Gymnasium at Les Gove Park is adjacent to the Senior Center.

Senior Volleyball

Tuesday & Thursday: 9:30 - 11:30 a.m.

Volleyball & Basketball

Tuesday & Thursday: 11:30 a.m. - 1 p.m.

Pickleball

Monday & Wednesday: 12 - 1:30 p.m.

Fees: \$3 Daily Drop-in; or you can purchase a monthly fitness membership.

Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

PROGRAM	DAYS	TIME	POOL
Family Swim	Sun	5-6 p.m.	Both pools
Lap Swim	T & TH	8-9 a.m.	Three lanes
Water Aerobics	T & TH	9-10 a.m.	Limit 20



Programs

Art

Acrylics

Take a journey with acrylics on the road to creativity. You will be guided in a fun class through the basics of this very versatile medium to achieve your goal of creating beautiful works of art. With 30 plus years of experience, Mary Wolfe will be your guide through the basics in a fun and lively class. Instructor: Mary Wolfe

Jan 14-Feb 1	W	9a-12p	\$36/\$45	51337
Feb 8-Mar 8	W	9a-12p	\$36/\$45	51338
Mar 22-Apr 19	W	9a-12p	\$36/\$45	51339

Introduction to Knitting

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. You will also learn how to shop for yarn and understand patterns. Knitting needles and ball of yarn included. No class March 23. Location: Auburn Senior Activity Center. Instructor: Jennifer Reeves

Jan 12-Feb 2	Th	6-8p	\$45/\$55	51314
Feb 9-Mar 2	Th	6-8p	\$45/\$55	51315
Mar 9-Apr 9	Th	6-8p	\$45/\$55	51316

Intermediate Knitting

For intermediate level students who are familiar with knitting and purling. Location: Auburn Senior Activity Center. Instructor: Jennifer Reeves

January - Knitting in the Round. During this 4-week class you will knit two hats in the round. You will need to bring size US7-16" circular knitting needles. Yarn, patterns and stitch markers will be provided.

Jan 12-Feb 2	Th	6-8p	\$45/\$55	51317
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February - Spa Wash Cloths. During this four-week class you will learn knit three different washcloths. You will be using advanced techniques like cabling and color work. Washcloths are a great way to try out a new technique and they make great holiday gifts. Students will need to bring size US7 knitting needles. Yarn, patterns and stitch markers will be provided.

Feb 9-Mar 2	Th	6-8p	\$45/\$55	51318
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March - Shawl. During this four-week class you will learn to knit a shawl. You will create a shawl with a garter stitch and some simple eyelet work. Bring size US 5 knitting needles. Yarn and patterns will be provided. No class March 23.

Mar 9-Apr 9	Th	6-8p	\$45/\$55	51319
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Zentangle

Zentangle is not only a way of creating beautiful pieces of art, but studies show that this type of activity increases mental retention, stimulates creativity, improves one's mood, and can be calming during stressful situations. Zentangle teaches self-confidence and improves hand-eye coordination. You do not need to know how to draw because Zentangle will teach you. It does not require a lot of equipment, space, or technical ability. It can be taken everywhere and done anywhere. No previous artistic ability is needed. Basic supplies will be furnished. No class on January 16, 23 and February 20, 27.

Jan 9- Mar 20	M	9-11a	Free
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Watercolor

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing one's own style. Beginners - Intermediate. Supply list provided upon registration.

Instructor: JoAnne Iwasaki

Jan 18-Feb 22	W	1-3p	\$47/\$59	51343
Jan 18-Feb 22	W	6:30-8:30p	\$47/\$59	51340
March 15-Apr 19	W	1-3p	\$47/\$59	51342
March 15-Apr 19	W	6:30-8:30p	\$47/\$59	51341

Digital Photography 101

In this fun, entertaining 3-hour class, you will learn the basics of digital photography and how to get the most from your digital camera. This class is designed for beginning photographers who love photography, but just can't get off of the 'auto' setting on their camera. You will learn how to get properly-exposed photos, how to control how much or how little of your photo is in focus and how to create sharply focused or intentionally blurry action photos.

Location: Auburn Community & Event Center. Instructor: Jeffrey Fong

Feb 8	W	6-9p	\$30/\$38	51325
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How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. ← Description

Jan 6-Apr 21 **T,W** **10a-3p** **\$68/\$85** **#31810**

↓ Date(s)	↓ Class Day(s)	↓ Class Time	↓ Auburn Resident/Non-Resident Fee
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MAKERSPACE

Below you will find a listing of the weekday classes. For a complete listing of all the Makers Space classes please visit the Auburn Community and Event Center or go to www.auburnwa.gov/makers. Location: The Rec

Beginning Laser Cutting

Learn how to design and cut projects using the laser cutter in the Maker's Space during this 4-week course. You will be guided through the basics of designing your projects on the computer, and then cutting and etching them with the laser.

Prerequisite: Basic understanding of computers.

Jan 10-31 Tu 10a-12p \$48/\$60 51306

Intermediate Laser Cutting

Continue building on the skills you learned in the Beginning Laser Cutting course by designing, cutting and building more advanced projects during this 4-week course. Students will have the opportunity to work on either instructor-led projects or projects of their own choosing after approval by the instructor.

Prerequisite: Beginning Laser Cutting

Feb 14-Mar 7 Tu 10a-12p \$48/\$60 51307

Embroidery Class

Learn the basics of an embroidery machine and then monogram a lightweight tea towel, handkerchief, pocket square, or dog flair with your own design.

Mar 8 W 9am-12p \$25/\$32 51304

Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

Open Hours Monday-Thursday: 8 a.m. - 9 p.m.

Friday: 8 a.m. - 5 p.m.

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times. Do you have no computer experience and would like to learn how to use one? Then please see one of our tutors.

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m. | Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m. / Fridays 10 a.m.- 12 p.m.

Electronic Greeting Cards

Tired of paying more to purchase a card and then have to pay postage? Come to class and learn how to send cards free using the internet.

3rd Wednesday 10-11a

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files can be stored on our computers.**

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week.

Call 253-931-3018 for more information.



Computer Workshops

New

Microsoft Word for Beginners

Learn the basic word processing concepts including creating and saving documents, typing shortcuts, moving, copying, renaming folders, and navigating between the tabs in Microsoft Word.

Location: The REC, Computer Lab

Instructor: Alissa Nicholson

Jan 23-Feb 6 M 6:30-8p \$25/\$31 51320

Microsoft Excel for Beginners

Learn the basics of how to create, edit and save basic Excel spreadsheets. Create basic charts by inserting values, learn how to use simple formulas to enhance your skills in Microsoft Excel spreadsheets.

Location: The REC, Computer Lab

Instructor: Alissa Nicholson

Ages: 16 and up

Feb 27-Mar 13 M 6:30-8p \$25/\$31 51321

Dance

Line Dancing

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. Class on March 23 will be in Les Gove Building.

Instructor: Janie Redick

Jan 5-26	Th	2-4p	51408
Feb 2-23	Th	2-4p	51409
Mar 2-30	Th	2-4p	51410

Fee: 5 Visits \$26/\$33; 10 Visits \$47/\$59

Bellydance

Middle Eastern bellydance is a low impact form of dance appropriated for all ages and body types and backgrounds. Learn the history, basic movements, isolation techniques and more. All shapes, body types and genders welcome. Come with a willingness to learn, laugh, have fun and make new friends.

Location: Auburn Community & Event Center

Instructor: Jeweled Scarab Dance Company

Jan 4 -Feb 8	W	6:30-7:30p	\$45/\$57	51244
Feb 22 - Mar 29	W	6:30-7:30p	\$45/\$57	51245

Music & Dancing

Join us for great music and dancing. No Music on March 22.

Country Fever is here on the 2nd and 4th Wednesday of the month from 10-11:30 am.

3 Shades of Gray will be playing on the 3rd Wednesday of the month from 10:30-11:30am.

Educational

Get Organized

Discover the 'Four Stages of Organizing' and how you can use this approach to eliminate clutter and simplify your life. You will learn to sort through your house, office or garage, stage by stage to determine what needs to stay and what must go. You will learn how to continuously sort through items to determine if you need them and where they belong. Help keep yourself, your family and your office organized to make better use of your time and help reduce your stress level.

Location: Auburn Community & Event Center

Instructor: Wendy Buchanan

Jan 18	W	6-9p	\$20/\$25	51322
Feb 15	W	6-9p	\$20/\$25	51323

Pots and Plans Track 2 "In Focus"

Back by popular demand, this series focuses on how to cook simple, affordable, and healthy meals. Pots & Plans is a 6-week series of cooking and nutrition classes created and taught by Chicken Soup Brigade's registered dietitians. The classes aim to decrease hunger among seniors by teaching them to prepare quick, nutritious meals from scratch. All Pots & Plans recipes include ingredients that are accessible and affordable. The program works to empower participants to learn and build on the skills they have to prepare simple, delicious meals appropriate for their own health needs. Funded by the Auburn Senior Wellness Team.

Jan 19- Feb 23	Th	1:30-2:45p	Free	51401
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AARP Drivers Safety

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Jan 23-24	M-T	8:30a-12:30p	51403
Feb 27-28	M-T	8:30a-12:30p	51404
Mar 27-28	M-T	8:30a-12:30p	51449

Downsizing- Rightsizing for Seniors

This seminar is designed to de-mystify the challenges of moving that sometimes get in the way of the positive decision to sell your home and move to a retirement community, condo or smaller home. Do you own your things, or do your things own you? Eager to reduce your clutter but at a loss about how to begin? Get expert advice. You'll leave with all the motivation and practical tips you need to decide which possessions to keep, give away, sell, toss or donate to charity.

Presented by: Terry Denend and Sue McCullough, owners of Rightsizing for Seniors, in partnered with Comfort Keepers.

Mar 2	Th	10a	Free
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Look Who's Talking

Eco Consulting

Eco Consulting has paired up with Puget Sound Energy (PSE) to educate others on the PSE's program, general information on how to reduce energy consumption, and answer any questions that people have. In addition to the talk, if you are a PSE electric customers, they will install up to 20 LED light bulbs for you; which save about \$100 a year in electricity. A PSE-certified energy efficiency specialist will advise you how to save energy. You can get up to 2 showerheads and up to 4 aerators. You must sign up separately for a consultation following the talk.

Jan 6 F 1p Free

One Step Ahead- Stay Healthy and Independent in Your Home

Anyone can Fall. But as we age, our risk of falling increases. Falls among seniors are a serious issue. Accordingly to the CDC, the number of people 65 years and older who died after a fall reached nearly 24,000 in 2012-almost double the number 10 years earlier. 6 out of every 10 falls occur at home, but research has shown that many fall risks can be reduced. Making your home safer is one thing you can do to keep yourself from falling. King County Emergency Medical Services developed a community resource program to assist senior's to help them stay healthy, independent and safe in their homes - called One Step Ahead Fall Prevention Program. This program provides free home visits by a physical therapist that provides a home safety walk through to address potential fall hazards, education about staying safe in your home, installation of fall safety devices, and provides information about other community resources. To enroll in this free program, you must be 50 years or older, have fallen or be at high risk of falling as assessed by a healthcare professional and live in King County. This talk will educate you on what you can do at home and what the common risk factors are. To enroll for a home visit sign up at the talk.

Jan 13 F 10-11a Free

Telecommunication Equipment Distribution (TED)

Find out about the Telecommunication Equipment Distribution (TED) Program and how it can benefit you. Penny Allen, a contracted trainer with the Office of Deaf and Hard of Hearing, will show you various phones and ring signaling devices available through this little-known state program. Many applicants receive this equipment free or at a substantially reduced cost, based upon a sliding income scale. There's something for everyone: speakerphone, cordless phone, phone for low-vision, captioned phone. Learn about some effective communication strategies. Don't miss this informative presentation.

Jan 20 F 1p Free

Senior Scams Series - Giving Wisely

Whether giving a small or large amount, it is important to investigate the organization you are thinking about donating to. There are many fake charities targeting those who hope to assist those need. Find out the steps to determining whether a charity is real or not by attending this brief presentation. Presented by Better Business Bureau.

Jan 27 F 1p Free

The Good Game: On the Moral Value of Sports

Sports are far more than a game—they have a tremendous impact on our culture, and lay claim to playing an important role in developing moral values like courage, teamwork, and sacrifice. Join philosopher Mike VanQuickenborne for a deeper exploration of our obsession with sports. What makes something a sport? Is competition more helpful or harmful? What makes sports admirable? Is being a fan really a good thing? Should video games be considered a legitimate sport? What are the implications if genetic engineering enables us to create genetically enhanced athletes? Explore the philosophical implications of sports, what they say about our culture, and the ways in which they can reveal our full humanity. This talk is sponsored by Humanities Washington.

Feb 3 F 1p Free

Ask a Doc: Basic Information about General Surgery

Come meet Dr. Danny Kim, from Auburn Medical Center, for an informal talk about General Surgery. Many people fear having to have surgery or don't know what is entailed. Dr. Kim will break it all down for you.

Feb 10th F 1p Free

Senior Scams Series - Filing a Complaint

Having a bad experience with a company and don't know what to do? Trying to decide which organization to file a complaint with? Swing by this presentation to learn what steps to take when filing a complaint. Presented by Better Business Bureau.

Feb 17 F 1p Free

AARP Women to Women: Living Longer, Living Smarter

Women to Women: Living Longer, Living Smarter You've worked hard for a place to call home, a family, a job, and maybe a few extras. But life's calling. Finding the time to focus on your future is particularly important for women, who generally have more years to cover in retirement with fewer resources. It brings women together in small gatherings and prompts them to talk about their own situations and to create a plan outlining how to reduce health care risks; how to pay for possible long-term care needs; decide whether their homes will meet their needs as they age; and share their health care wishes with family members to ensure that those preferences are followed even if they are unable to communicate them.

Feb 24 - Part 1 F 1p Free
Mar 3 - Part 2 F 1p Free

What is Islam?

We are hearing a lot about Islam. Join us to learn about Islam and what our Muslim neighbors believe— who is the God they worship, what does Islam teach about killing, destruction, terrorism, what Islam teaches about love, compassion and mercy towards all humans.

Instructor: Yahya Malik

Mar 6 M 1p Free

**A State of Disaster- Preparedness in Washington**

Washington is home to a wide array of natural disasters, begging the question “how prepared are we?” This hour long presentation hosted by Auburn’s Office of Emergency Management details the potential hazards that could impact our community, and offers easy tips and practices for personal preparedness. Come learn how to better prepare yourself and your family, and help make the community a better and more resilient place to live.

Mar 10 F 1p Free

Writing in the Margins: Transforming the Stories we tell about Race

Humans have evolved and maintained our integrity as a species because of our ability to collectively create and tell stories. But what happens when those stories divide, segregate, and even encourage violence among us, professor Jessica Maucione discusses texts that celebrate and explore white characters, in contrast to—and at the expense of—black and brown characters whose dehumanization is sometimes blatant, but often incredibly subtle. She talks about ways we can seek out narratives that counter this white-centered approach, with the goal of making us more responsible consumers of dominant narratives, better role models, and more connected human beings. This talk is sponsored by Humanities Washington.

Mar 17 F 1p Free

Senior Scams Series: Identity Theft

Identity Theft can wreak havoc on your finances but by knowing the red flags you can work to prevent this from happening to you. Learn the steps to keeping an eye out for those targeting you.

Mar 31 F 1p Free

Special Interest**Book Club: Auburn Senior Readers & Friends**

Join our monthly book club. All are welcome.

1st Tuesday of every month 10 a.m. - 12 noon

Tuesday, January 3

“All the Light We Cannot See” by Anthony Doerr

Tuesday, February 7

“Killing Reagan” by Bill O’Reilly

Tuesday, March 7

“Unlucky 13” by James Patterson

Tuesday, April 4

“The Absolute True Diary of a Parttime Indian.” By Sherman Alexie

Drop In Bible Study

This non-denominational group is open to all individuals who wish to learn more about the Bible. The group is being led by Grace Church. 2nd & 4th Tuesday

Jan 10 & 24, Feb 14 & 28, Mar 14 & 28 10-11a Free

Spanish Study Group

Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiasts who speak at an intermediate level. There is no charge to participate in the group. No class on November 24.

Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon

Winter Railroad Lecture- Martin Burwash and the City of Destiny!

The Northwest’s Own Martin Burwash returns from the Great White North to spin some tales about his old home town—Tacoma—western terminus of the Northern Pacific Railway. Author of Cascade Crossings and Vis Major, Martin grew up in the City of Destiny. He has put together a new show of images from the late 1960s and the early 1970s of railroading around Commencement Bay.

Feb 3 F Museum Open House 6:30–7:30p

Lecture and Slideshow at Senior Center 7:30–10p

Spring Railroad Lecture- Over the Road with the Walt Ainsworth Collection!

Tacoma’s Chuck Souls will present Walt Ainsworth’s collection at the Pacific Northwest Railroad Archive. The collection includes three to four thousand images featuring locations across the entire Main Street of the Northwest. The pictures date from the 1870s to the 1970s and the post-merger BN era. Photographers include I.G. Davidson, Al Farrow, Jim Fredrickson, F.J. Haynes, Bob Johnston, Ron Nixon, James A. Turner, and Warren Wing, and others.

Apr 7 F Museum Open House 6:30–7:30p

Lecture and Slideshow at Senior Center 7:30–10p

Fitness Membership

Monthly Fitness Membership

Your monthly fitness membership gives you access to the programs listed on this page plus:

- Community Center Fitness Room
- Drop-in Open Gym Activities (see pg. 7 for details).

No Classes on January 2, 16 and February 20.

\$25 (\$20 if you sign up for automatic renewal)

Silver Sneakers-Healthways, Optum Fitness or Silver & Fit- Insurance Plan

If you have one of these plans on your insurance, it will give you access to the same things listed above for the Fitness membership. Contact your insurance company for more information.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Fitness membership required. Class on March 22 & 24 will be in Community and Event Center.

Location: Auburn Senior Activity Center

M, W, F 3-4p

Group Power

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

Location: Auburn Community and Event Center

M 9:20-10:20a, 6:40-7:40p
Tu 4:30-5:30p, 5:40-6:40p
W 9:20-10:20a, 10:30-11:30a
Th 5:40-6:40p
F 10:30-11:30a

Group Centergy

Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Location: Auburn Community and Event Center

W 6:40-7:40p

Zumba®

Zumba® Has become one of the fastest growing dance-based fitness workouts putting Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and water bottle.

Location: Auburn Community and Event Center

M 10:30-11:30a
T, Th 6:50-7:50p

Zumba Toning

Zumba Toning is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Weights enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Location: Auburn Community and Event Center

M 12:00-12:45p

Gentle Yoga

Gentle Yoga is a class designed to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement. Chairs are available to provide adaptive support. This class is an excellent option for those experiencing mobility challenges.

Location: Auburn Community and Event Center

T 10:30-11:30a
Th 4:30-5:30p

Silver Sneakers CardioFit

Silver Sneakers CardioFit is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than classic.

Location: Auburn Community and Event Center

T, Th 8:10-9:10a



Bootcamp with Grace - Included in Fitness Membership

A high energy and positive workout experience using everything from body weight and movement to circuit training, weights and other state-of-the-art equipment. Each week is a different experience and is designed for anybody at any physical level to complete the workout successfully. My goal is to not break you down, but build you up and show you just how strong and capable you really are!

Location: Auburn Community and Event Center

Th 9:20-10:20a

Bootcamp Advance with Grace - Included in Fitness Membership

Ready for a challenge? Come be a part of this energetic and exciting higher impact workout! You will experience your body growing stronger and gaining more endurance through the body movement and weight training exercises you'll be performing. You will learn something new every week through different moves and walk away feeling empowered by your accomplishments!

Location: Auburn Community and Event Center

Th 10:30-11:30a

Fitness**Hatha Yoga**

A great way to relax and unwind from your day. In this class you will flow through poses using breathing techniques and meditation. Adapting each pose to your needs while developing strength, mobility and body awareness. Bring a yoga mat, water, a towel and any yoga props you own including blocks and a strap.

Location: Auburn Community & Event Center

Instructor: Erin Finney

Jan 4-Jan 25 W 5:30p-6:45p \$37/\$43 51186

Feb 1-Feb 22 W 5:30p-6:45p \$37/\$43 51247

Mar 1-Mar 22 W 5:30p-6:45p \$37/\$43 51248

Introduction to Tai Chi

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility, and coordination. Students learn gentle exercises and the practiced of individual movements.

Location: Auburn Community & Event Center

Instructor: Gil Bortleson

Jan 5-Jan 26 Th 7:30p-8:30p \$31/\$39 51229

Feb 9-Mar 2 Th 7:30p-8:30p \$31/\$39 51230

Mar 16-Apr 6 Th 7:30p-8:30p \$31/\$39 51231

Intermediate Tai Chi

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Pre-requisite: Introduction to Tai Chi or permission of instructor.

Location: Auburn Community & Event Center

Instructor: Gil Bortleson

Jan 5-Jan 26 Th 6:15p-7:15p \$31/\$39 51225

Feb 9-Mar 2 Th 6:15p-7:15p \$31/\$39 51226

Mar 16-Apr 6 Th 6:15p-7:15p \$31/\$39 51228

Financial Planning**Relationship with Money**

Your money mindset influences how you behave with your money. How does money make you feel? How do you use your money? Learn how to have a healthy and balanced relationship with money.

Location: Auburn Community & Event Center

Instructor: Nils Wickman

Jan 10 T 6-8:30p \$32/\$40 51326

Feb 21 T 6-8:30p \$32/\$40 51394

Household Budgeting

In this hands-on workshop you will learn how to develop a household budget. The second session you will create the budget so that you have a useful tool to take home to put to use.

Location: Auburn Community & Event Center

Instructor: Nils Wickman

Jan 24-31 T 6:30-8:30p \$44/\$55 51329

Your Credit-The Good, The Bad and The Ugly

Through this interactive workshop you will learn about the Good, the Bad and the Ugly that affect your credit.

Location: Auburn Community & Event Center

Instructor: Nils Wickman

Feb 8 W 6-7:30p \$20/\$25 51327



At a glance

FREE DAYTIME ACTIVITIES

Mah Jongg (Wright Patterson AFB Rules)*

Mondays: 10 a.m. - 2 p.m.

Scrabble®*

Mondays: 1-4:30 p.m.

Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Bible Study

2nd & 4th Tuesday 10-11 a.m.

Bingo, Sponsored by Canterbury House

1st & 3rd Tuesdays:

12:45-2:30 p.m.



Canterbury House

Table Tennis*

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.

Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m.

Fridays 10 a.m.- 12 noon

Music & Dancing* (see page 15 for details)

2nd, 3rd and 4th Wednesday: 10-11:30 a.m.

Pinochle Parties*

Tuesday & Thursday: 12:45-3:30 p.m.

Contract Bridge*

Fridays: 10 a.m. - 12:30 p.m.

Monthly Book Club

(see page 17 for book choices)

1st Tuesday: 10 a.m.-12 noon

Free Movies*

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;

Wednesday Tournaments 12:45 p.m.

*** Due to many holiday special events, please see calendar for dates that are unavailable.**

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic.

Jan 4th Whisky Tango Fox Trot (2016) R

Based on reporter Kim Barker's memoirs about her experiences covering the Afghanistan war, this satirical look at a hopelessly confused conflict also chronicles the obstacles encountered by female journalists in a rigidly conservative region. Cast: Tina Fey, Margot Robbie, Martin Freeman 1 hour 51 minutes

Jan 11th Florence Foster Jenkins (2016) PG-13

Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible. Cast: Meryl Streep, Hugh Grant, Simon Helberg 1 hour 50 minutes

Jan 18th Finding Dory (2016) PG

Continuing her colorful adventures in Nemo's animated underwater universe, Dory sets out to unravel the mysteries of a past she's completely forgotten, accompanied on her quest by aquatic pals Marlin and Nemo. Cast: Ellen DeGeneres, Albert Brooks, Hayden Rolence 1 hour 43 minutes

Jan 25th Eye in the Sky (2015) R

Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage. Cast: Helen Mirren, Aaron Paul, Alan Rickman 1 hour 42 hours

Feb 1st Money Monster (2016) R

Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the lout hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell. Cast: George Clooney, Julia Roberts, Jack O'Connell 1 hour 38 hrs

Feb 8th The Secret Life of Pets (2016) PG

Living an easy life, happy terrier Max sees his world upended when his owner brings home Duke, a mongrel Max regards as a loser. But the two soon find themselves allied against a horde of abandoned pets looking to turn the tables on humans. Cast: Louis C.K., Eric Stonestreet, Kevin Hart 1 hour 27 minutes

Feb 15th The Free State of Jones (2016) R

As the Civil War rages on, Mississippi farmer Newton Knight, his neighbors and a ragtag group of slaves band together and lead Jones County to secede from the Confederacy, establishing a mixed-race free state in the heart of the South. Cast: Matthew McConaughey, Keri Russell, Gugu Mbatha-Raw 2 hours 19 minutes

Feb 22nd The Man Who Knew Infinity (2016) PG-13

This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. Cast: Dev Patel, Jeremy Irons, Devika Bhise 1 hour 48 minutes

Mar 1st Legend of Tazaran (2016) PG-13

Fully readapted to London society after his long sojourn in the jungle, Lord Greystoke returns to Africa as a trade emissary. But little does he know that he's being used to advance the schemes of villainous Capt. Leon Rom. Cast: Alexander Skarsgård, Samuel L. Jackson, Margot Robbie, 1 hour 50 minutes

Mar 8th miracles from Heaven (2016) PG

Based on real-life events, this intriguing drama recounts the story of young Anabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. Cast: Jennifer Garner, Kylie Rogers, Martin Henderson, 1 hr 49 mins

Mar 15th Jungle Book (2016) PG

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear. Cast: Bill Murray, Ben Kingsley, Idris Elba, 1 hour 45 minutes

Mar 22nd – NO MOVIE (RUMMAGE SALE)**Mar 29th My Big Fat Greek Wedding 2 (2016) PG-13**

In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan -- and with it comes a new assortment of family crises and secrets. Cast: Nia Vardalos, John Corbett, Lainie Kazan 1 hour 34 minutes

Monday Social Dinners

2nd Monday of Each Month

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$7 per person.

Monday, January 9: #51405**4:45-5:30 p.m.**

Turkey Breast and dressing, baked sweet potato, red jello salad and dessert.

Monday, February 13: #51406**4:45-5:30 p.m.**

Meatloaf with gravy, baked potato, steamed vegies, salad, and dessert.

Monday, March 13 #51450

Beef stew, biscuit, caesar salad, and dessert.



FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday– Thursday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

BUNCO

1st Thursday of Month 5:30-9pm

Computer Lab

Open for drop-in use
Mondays: 5-9:00 p.m.
Tuesdays: 5-9:00 p.m.
Wednesdays: 5-9:00 p.m.

Mexican Train Dominoes*

Tuesdays: 5:30-9 p.m.
Wednesdays: 5:30-9 p.m.

Free Movies*

Wednesday: 4:30 p.m.

Pinochle Parties*

Mondays: 5:45-9 p.m.

Pool

Open for drop-in play
Tue- Thu: 5-9 p.m.

Pool Tournaments

Mondays: Straight Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)
Tuesdays: Ladies Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)

** Please see calendar for dates that are unavailable.*

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested contribution age 60 or over
\$6 under age 60

Salad Bar:*

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad
* Single trip through.

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested contribution
10 meals: \$30 suggested contribution
20 meals: \$60 suggestion contribution
\$15- Salad Bar punch card

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Contribution:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for \$1.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested contribution of \$5 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).

The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Megan at 253-931-3016. Pierce County call 253-474-1200, or go directly to Senior Services at www.seniorservices.org/foodassistance/MealsonWheels to submit an application on line.



Senior Savers Pantry

All Seniors, regardless of income level, are welcome.

Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

Roses are red, violets are blue, sugar is sweet and so is chocolate... what?

That doesn't rhyme but it's so true! February is just around the corner and the shortest month of the year brings a great big day - Valentine's Day.

February is also International month of friendship. So whether its hearts, chocolates or flowers that make you smile, February is a great time to show the people that you love how important they are to you. Here are a few ways to get started: Plan a get together with local or long lost friends.

Have everyone meet at the Pantry, stock up on all the special ingredients you'll need to bake your favorite treats (at really great prices), stay for lunch and then head over to the museum for a fun and educational tour.

Make some treats and share them with your neighbor or some unsuspecting helper in your life. Pick a spring flower and leave it on someone's windshield.

Send a note to your grandchildren or old college roommate to just say hello. When was the last time you received a real letter in the mail? Wear red every Tuesday just because you can!

Here is a recipe for some chocolate treats to share with the ones you love! We carry everything except the butter.

Thursday, January 5, 9am- 1 pm

Friday, January 6, 9am- 12 noon

Thursday, February 2, 9am-1 pm

Friday, February 3, 9am-12 noon

Thursday, March 2, 9am-1 pm

Friday, March 3, 9am-12 noon

Saltine Toffee Cookies

Ingredients

4 ounces saltine crackers (about 1/4th of a box)

1 cup butter

1 cup dark brown sugar

2 cups semisweet chocolate chips

3/4 cup chopped pecans (or walnuts or whatever looks good at the pantry)

Preheat oven to 400 degrees

Line cookie sheet with saltine crackers in single layer.

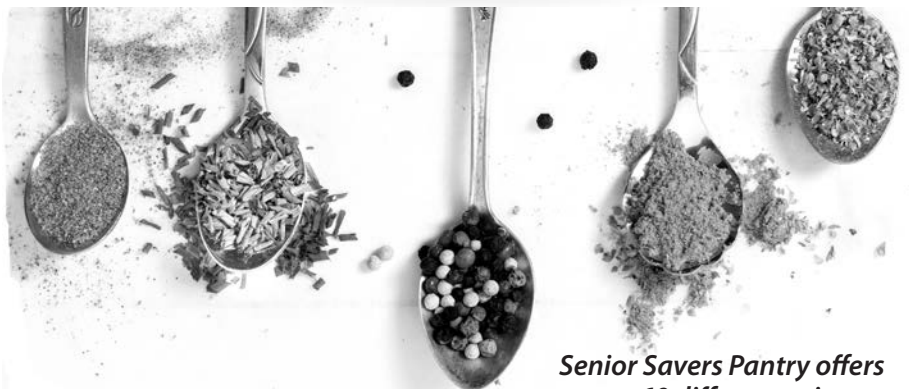
In a saucepan combine the sugar and the butter. Bring to a boil and boil for 3 minutes. Immediately pour over saltines and spread to cover crackers completely.

Bake at 400 degrees F (205 degrees C) for 5 to 6 minutes. Remove from oven and sprinkle chocolate chips over the top to melt.

Let sit for 5 minutes.

Spread melted chocolate and top with chopped nuts. Cool completely and break into pieces.

Enjoy!



Senior Savers Pantry offers over 60 different spices.

Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome. *Interested in serving on the council? See Radine.

Tuesday, January 17 at 10 a.m.

Tuesday, February 21 at 10 a.m.

Tuesday, March 21 at 10 a.m.

Volunteer News

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Respite/Adult Day Care:

Fridays, 10 a.m. – 3 p.m.

Assists staff in providing companionship, activity support and assistance to participants and families.

Noon Meals: Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry: 1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels: Drivers and runners needed for Friday mornings. Call for more info.

Barista: Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.



Host/Hostess: Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours. Openings available Monday and Friday 12-3 p.m.

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3016

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, January 23, 11 a.m.- 12 p.m.

Monday, February 27, 11 a.m.-12 p.m.

Monday, March 27, 11 a.m.-12 p.m.



Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 25 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

January 19 & 20

February 16 & 17

March 16 & 17

By Appointment Only

Fee: \$79

Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Support services for seniors

Auburn Respite Care Program

This is an adult day care that meets every Friday from 10 a.m. - 3 p.m. at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-229-7510 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too.

Free Sharpening Service

Get your knives, scissors or select yard tools sharpened here at the center. In order to allow everyone to take part please bring only a maximum of 2 items. The best way to pack up your kitchen knives and travel with them safely is to wrap them in an old towel.

www.OneSharpGuy.org

Jan 20	F	10-11:30a	Free
Feb 17	F	10-11:30a	Free
Mar 17	F	10-11:30a	Free



Free Tickets

The Senior Center has free tickets to the Woodland Park Zoo and the Seattle Aquarium. Stop by the front desk to pick up tickets.

Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

The Senior Center also offers paperback books for loan to seniors and always appreciates paperback book donations.



Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

1st Tuesday of each month from 12-1:30 p.m.

Caregiver Support Group

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Multicare Auburn Medical Center, Cascade 1 Conference Room
Call 253-545-2894.

Free and open to the Community!

2nd Thursday of each month from 6:30-8:00 p.m.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security, wills, health insurance, and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Community Living Connections

Linking Seniors and Disabled to Personalized Care & Support Services.

Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it. 206-962-8467; 1-844-348-5464

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253-205-5883.

Hyde Shuttle

The Hyde Shuttle is a free neighborhood van service for seniors age 50 and older and /or people with disabilities living in Auburn. You can ride anywhere within the city limits. Sign up by phone, no forms to fill out, lift-equipped vehicles, call up to 30 days in advance, donations welcome. Call 206-727-6262 to make your reservation.

Welcome Home

King County residents recently discharged from a hospital or other inpatient facility are eligible to receive 10 home delivered meals within 24 hours from discharge. This service is free to those who qualify. Call 206-957-1686 to apply.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, January 18

Wednesday, February 15

Wednesday, March 15

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, January 12

Thursday, February 9

Thursday, March 9

Hopelink's Getting Around Puget Sound (GAPS)

It is a free service which connects King County residents with the most current information about travel options available to them which includes trip planning, application process for RFPs (for seniors and people with disabilities) and covers King County Metro, Sound Transit and Link rail services as well as other free transportation services available to them in King County.

Wednesday, January 18, 10a-12p **Free**

Wednesday, March 15, 10a-12p **Free**

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

Wednesday, January 18, 9:30-10:30 a.m.

Wednesday, March 15, 9:30-10:30 a.m.



Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

General information



Mayor
Nancy Backus

City Council

Bob Baggett
Claude DaCorsi
John Holman
Bill Peloza
Yolanda Trout
Rich Wagner
Largo Wales

Park & Recreation Board

Richard Artura
Greg Dobbs
Vicki Gilthvedt
Michael Hassen
Bob Kickner

2015-2016 Senior Center Advisory Council

Ann Bayless
Fred Bingham
Rosy Carolan
Florence Clark
Rick Konkler
Sandre Maxwell
Bill Morchin
John Rambur
Valerie Burton
Betty Halverson
Candy Johnson
Skip Jones
Tina Lawson
Yvonne Milbrandt
Tim Paul
Bill Rees

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier

Senior Center Supervisor

Rocky Kirwin

Recreation Coordinator

Megan Mummert

Recreation Program Specialist

Janet Koch

Office Assistant

Tyler Ham

Recreation Assistant

Peggy Strain

Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center253-931-3016

Auburn City Hall.....253-931-3000

Auburn Golf Course.....253-833-2350

Auburn Food Bank.....253-804-5696

Auburn Housing Repair.....253-931-3090

Auburn Library253-931-3018

Auburn Parks, Arts & Recreation253-931-3043

Auburn Police (Non-emergency).....253-288-2121

Auburn Valley Humane Society.....253- 249-7849

Non -Emergency Animal Control253-931-3062

Basic Cable Service Discount 253-931-4753 x2

Community Living Connections

King County 206 962-8467

Toll Free 1-844-348-5464

Energy Assistance..... 1-800-348-7144

Free Legal Services.....206-267-7070

Property Tax Deferral Program206-296-3920

Social Security 1-800-772-1213

Transportation206-205-5000

Access206-205-5000

Hyde Shuttle206-727-6262

King County Metro.....206-553-3000

Volunteer Transportation206-448-5740

Volunteer Chore Services 1-888-649-6850

White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m. (number distribution begins at 8 a.m.)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Cancellations for any fee program must be made at least three (3) business days prior to the start of the program.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/seniors for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AMERICAN EXPRESS <input type="checkbox"/> DISCOVER	
NAME ON CARD		TOTAL DUE \$	
CARD NO.	3-DIGIT SECURITY CODE	EXP. DATE (MM/YY)	

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
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New Health and Wellness Program beginning in January



In collaboration with multiple other organizations, the Auburn Senior Activity Center is launching a new healthy aging program in Washington aimed at engaging and motivating community members to make small, manageable steps toward healthier living.

The program is called TEAMS, which stands for:

TOGETHER
EATING BETTER
ACTIVELY LIVING
MONITORING HEALTH
SELF-MANAGING RISK

The TEAMS program is free and open to all age 50+. It will run for 14 weeks beginning on Tuesdays in January. TEAMS activities will be offered by Green River Nursing and Occupational Therapy Assistant students along with Auburn Senior Activity Center staff.

With TEAMS, you will have an opportunity to get your blood pressure checked, set and achieve personalized goals, enjoy nutritious snacks, and participate in fun activities and an exercise class called SAIL.

**TEAMS begins
January 9, 2017
at 9:00am with
the general TEAMS
opportunities**

**The SAIL exercise class
begins at 10:00am
starting in January**

TEAMS was developed by the Washington State Department of Health, Nursing Care Quality Assurance Commission, and MultiCare Health System.

*Come learn more and get
involved in your health!*



Auburn Parks, Arts & Recreation | Senior Activity Center
808 9th Street | 253-931-3016 | www.auburnwa.gov

REGISTRATION STARTS
JANUARY 3

FREE POTS & PLANS

TRACK 2: IN FOCUS
6-Week Cooking Course

SHOWING SENIORS HOW TO COOK SIMPLE, AFFORDABLE AND HEALTHY MEALS

THURSDAYS
1:30-2:45PM

January 19-February 23

Taught by Chicken Soup Brigade's
registered dieticians

Course #51401

CLASS TOPICS INCLUDE:

- Seasoning with Herbs & Spices
- Fiber and the Gut Connection
- "Eat the Rainbow" for Health
- Oils – the Heart Connection
- The Power of Protein
- All About the Sweet Stuff

Sponsored by the Auburn Senior Wellness Team



Auburn Senior Activity Center
auburnwa.gov/seniors | 253-931-3016